

Exercise of the Month

July, 2017

On The Go Exercises

Exercises you can do anywhere! Try for 3 sets of 15 repetitions of each strength exercise and 3 sets of 30 seconds of each cardio exercise.

Strength



Push-Up + Leg Lift



Triceps Dip



Squat



Pistol
Squat



Modified
Pistol Squat

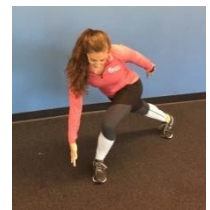
Cardio



High Knees



Mountain Climbers



Speed Skaters



From Corporate Fitness Works Team Leader, Kerianne Hill

Corporate Fitness Works, Inc.